

Full Report (All Nutrients) 09310, Rhubarb, frozen, cooked, with sugar

Report Date: July 01, 2017 01:22 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.78 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 240g
Proximates					
Water	g	67.79	3	1.207	162.70
Energy	kcal	116	--	--	278
Energy	kJ	485	--	--	1164
Protein	g	0.39	3	0.033	0.94
Total lipid (fat)	g	0.05	3	0.009	0.12
Ash	g	0.56	3	0.022	1.34
Carbohydrate, by difference	g	31.20	--	--	74.88
Fiber, total dietary	g	2.0	--	--	4.8
Sugars, total	g	28.70	--	--	68.88
Minerals					
Calcium, Ca	mg	145	3	5.033	348
Iron, Fe	mg	0.21	3	0.006	0.50
Magnesium, Mg	mg	12	3	0.484	29
Phosphorus, P	mg	8	3	0.733	19
Potassium, K	mg	96	3	3.528	230
Sodium, Na	mg	1	3	0.333	2
Zinc, Zn	mg	0.08	3	0.003	0.19
Copper, Cu	mg	0.027	3	0.007	0.065
Manganese, Mn	mg	0.073	3	0.003	0.175
Selenium, Se	µg	0.9	--	--	2.2
Vitamins					
Vitamin C, total ascorbic acid	mg	3.3	3	0.203	7.9

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 240g
Thiamin	mg	0.018	3	0.001	0.043
Riboflavin	mg	0.023	3	0.002	0.055
Niacin	mg	0.200	--	--	0.480
Pantothenic acid	mg	0.050	3	0.006	0.120
Vitamin B-6	mg	0.020	3	0.001	0.048
Folate, total	µg	5	3	1.097	12
Folic acid	µg	0	--	--	0
Folate, food	µg	5	3	1.097	12
Folate, DFE	µg	5	--	--	12
Choline, total	mg	4.4	--	--	10.6
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	4	--	--	10
Retinol	µg	0	--	--	0
Carotene, beta	µg	44	--	--	106
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	73	--	--	175
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	123	--	--	295
Vitamin E (alpha-tocopherol)	mg	0.19	--	--	0.46
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	21.1	--	--	50.6
Lipids					
Fatty acids, total saturated	g	0.014	--	--	0.034
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 240g
16:0	g	0.012	--	--	0.029
18:0	g	0.001	--	--	0.002
Fatty acids, total monounsaturated	g	0.010	--	--	0.024
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.010	--	--	0.024
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.025	--	--	0.060
18:2 undifferentiated	g	0.025	--	--	0.060
18:3 undifferentiated	g	0.000	--	--	0.000
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0